

ASSIGNMENT 5

Textbook Assignment: "Meat, Poultry, and Seafood," chapter 6, pages 6-1 through 6-20;
"Nutrition and Menu Planning," chapter 7, pages 7-1 through 7-25.

- 5-1. The form of meat classified as fabricated is correctly described by which of the following statements?
1. Artificial meat products fabricated from other foods
 2. Meats that have been either partially or completely boned, trimmed, and portion-cut
 3. Meat that does not conform to the specifications of the armed forces
 4. Meat not requiring inspection by the Department of Agriculture

IN ANSWERING QUESTIONS 5-2 THROUGH 5-5,
SELECT THE CATEGORY OF BEEF THAT IS
DESCRIBED BY THE QUESTION.

- 5-2. Beef originating from a young male that is castrated.
1. Stag
 2. Bull
 3. Steer
 4. Calf
- 5-3. Beef originating from a fully developed male.
1. Stag
 2. Bull
 3. Steer
 4. Bronco
- 5-4. Beef originating from a young female that has not borne a calf.
1. Calf
 2. Cow
 3. Mare
 4. Heifer

- 5-5. Beef originating from a mature male that is castrated.
1. Steer
 2. Bull
 3. Stag
 4. Stallion
- 5-6. Cows, bulls, and stags are most suitable for use in Navy messes; whereas steers and heifers are usually found in canned products.
1. True
 2. False
- 5-7. The USDA stamp is placed on the carcasses of meat to indicate which of the following conditions?
1. Meat originated in the United States
 2. Meat delivered under contract met all the terms of the contract
 3. Meat is graded as being prime or choice
 4. Meat is free of disease and meets sanitary requirements
- 5-8. Beef roasts procured by the Navy are what grade of meat?
1. Choice
 2. Good
 3. Utility
 4. Standard
- 5-9. Which of the following pork products is/are served with the highest frequency?
1. Loin
 2. Chops
 3. Spareribs
 4. Bacon

- 5-10. Each pound of canned precooked bacon is equivalent to how many pounds of raw bacon?
1. 1 1/2
 2. 2
 3. 3
 4. 2 1/2
- 5-11. You may serve canned ham without first cooking it because it has undergone what process?
1. Curing
 2. Smoking
 3. Pasteurization
 4. Pickling
- 5-12. Veal is a product of which of the following animals?
1. Corn-fed lamb
 2. Immature beef less than 1 year old
 3. Immature sheep less than 1 year old
 4. Immature swine less than 1 year old
- 5-13. What cut of lamb is used in Navy GMs?
1. Loin chops
 2. Shoulder roast
 3. Boneless leg roast
 4. Boneless shank roast
- 5-14. For which of the following reasons should you use the preferred method of slowly thawing frozen meats, whenever possible?
1. Meat thawed this way yields a more palatable cooked product
 2. Meat thawed this way has less nutrient loss
 3. The preferred method decreases the chance of bacterial contamination
 4. Each of the above
- 5-15. When you are using an alternate thawing method, all EXCEPT which of the following procedures are required?
1. Obtaining approval from the Bureau of Medicine and Surgery
 2. Notifying the medical department representative
 3. Thawing in the original sealed wrapper or container below 80°F
 4. Thawing in the original unopened container at 50°F or lower
- 5-16. Approximately twice the cooking time is required when you cook roasts in their frozen state?
1. True
 2. False
- 5-17. For meat to be properly tempered, it should have what specific internal temperature range?
1. 12°F to 15°F
 2. 16°F to 18°F
 3. 23°F to 26°F
 4. 26°F to 28°F
- 5-18. What criteria determine the method you should use to cook meat?
1. The types of cooking equipment in your GM
 2. The preferences of the food service officer
 3. The kind of meat and the tenderness of the cut
 4. The cost of the meat and the occasion
- 5-19. What method is most often used to cook the least tender cuts of meat?
1. Stewing
 2. Frying
 3. Braising
 4. Boiling

- 5-20. What cooking method is used when you brown meat in a small amount of fat, cover, then cook slowly in the juices from the meat or in a small amount of liquid that is added?
1. Simmering
 2. Stewing
 3. Braising
 4. Steaming
- 5-21. You should use which of the following methods to cook tender cuts of meat that have little connective tissue?
1. Braising
 2. Stewing
 3. Simmering
 4. Roasting
- 5-22. When grilling is the cooking method, you should not use a fork to turn meat for what reason?
1. A fork is a heat conductor
 2. A spatula is more manageable
 3. Using a fork allows the juices of the meat to escape
 4. A fork may damage the grill surface
- 5-23. At which of the following times should you apply the seasoning when you are grilling meat?
1. Before placing the meat on the grill
 2. Before you turn the meat over
 3. After you turn the meat over
 4. After the meat has been completely cooked
- 5-24. When roasting meat, you should place the roasts fat-side-up for what reason?
1. To avoid oven frying the food
 2. To eliminate having to trim the fat after the meat is done
 3. To prevent searing the meat which causes excessive shrinkage
 4. To eliminate the need to baste the meat during cooking
- 5-25. What factor affects the cooking time of a roast?
1. The amount of liquid used
 2. The oven capacity
 3. The type of seasoning used
 4. The degree of doneness desired or required
- 5-26. Turkeys weighing more than 16 pounds will require what range of days to thaw in a thaw box?
1. 1 to 2
 2. 2 to 3
 3. 3 to 4
 4. 5 to 6
- 5-27. You are NOT required to rub which of the following poultry products with salad oil before roasting?
1. Cornish hen
 2. Duck
 3. Turkey
 4. Chicken
- 5-28. Roasted turkey has reached the required stage of doneness when the internal temperature registers what specific temperature range?
1. 160°F to 165°F
 2. 170°F to 175°F
 3. 180°F to 185°F
 4. 190°F to 195°F
- 5-29. Navy nutrition is concerned with achieving all EXCEPT which of the following objectives?
1. Preservation of nutrients
 2. What components are needed and how much is required by the body
 3. How foods are altered in processing, storage, and preparation
 4. Producing the least expensive menus

5-30. The body's needs for the various nutrients are influenced by which of the following factors?

1. Age
2. Gender
3. Occupation
4. Each of the above

5-31. A well-balanced meal is only obtained by including a specific portion from each of the various food groups. What total number of nutrients should this balanced meal provide?

1. Eight
2. Six
3. Five
4. Four

IN ANSWERING QUESTIONS 5-32 THROUGH 5-34, SELECT THE FOOD NUTRIENT(S) THAT MATCH(ES) THE DESCRIPTION GIVEN AS THE QUESTION.

5-32. The chief suppliers of tissue-building material.

1. Proteins
2. Minerals
3. Vitamins
4. Carbohydrates

5-33. Provides the highest amount of calories.

1. Carbohydrates
2. Proteins
3. Fats
4. Minerals

5-34. Stored in the muscles as glycogen.

1. Water
2. Carbohydrates
3. Minerals
4. Vitamins

5-35. Which of the following minerals is the most abundant in the human body?

1. Phosphorus
2. Iron
3. Iodine
4. Calcium

5-36. Which of the following minerals is responsible for carrying oxygen to the blood?

1. Phosphorus
2. Calcium
3. Iron
4. Iodine

5-37. Which of the following foods is the best source of iron?

1. Collard greens
2. Milk
3. Liver
4. Bread

5-38. A deficiency of what mineral can cause swelling (goiter) of the thyroid gland?

1. Salt
2. Iodine
3. Iron
4. Calcium

5-39. A person that does not perspire much needs what minimum number of teaspoons of salt per day?

1. 1
2. 2 to 3
3. 3 to 4
4. 4 to 5

5-40. Which of the following groups of vitamins are all fat soluble?

1. A, B, C, and K
2. A, B, D, and K
3. A, B, E, and K
4. A, D, E, and K

5-41. What vitamin plays a very important role in eye function and in keeping the skin and mucous membranes resistant to infection?

1. A
2. C
3. E
4. K

5-42. Sunlight enables your body to produce what vitamin if it has a chance to shine directly on the skin?

1. B₆
2. B₁₂
3. D
4. K

IN ANSWERING QUESTIONS 5-43 THROUGH 5-46, SELECT THE VITAMIN THAT MATCHES THE DESCRIPTION GIVEN AS THE QUESTION.

5-43. Needed in order to use calcium and phosphorus to build strong bones and teeth.

1. B₁₂
2. C
3. D
4. K

5-44. Presently being explored as an antioxidant that may retard some aspects of the aging process.

1. B₁
2. B₂
3. E
4. K

5-45. Essential for the manufacture of a substance that helps blood to clot.

1. A
2. B₁
3. B₁₂
4. K

5-46. Deficiency causes beriberi, a disease that is now almost nonexistent in the United States.

1. B₁
2. B₂
3. B₆
4. B₁₂

5-47. Strict vegetarians are likely to be deficient in what vitamin?

1. B₆
2. B₁₂
3. Niacin
4. Folic acid

5-48. You should use the food guide pyramid for daily food choices on menus to accomplish what objective?

1. To eliminate the need for menu review boards
2. To determine the foods that have the highest acceptability
3. To quickly and reliably judge the nutritional adequacy of the menu
4. To give a detailed analysis of the cost of the menu

5-49. Nursing mothers require what specific number of servings daily from the milk-cheese group?

1. Five
2. Two
3. Three
4. Four

5-50. Fortified low-fat or skim milk products have essentially the same calories as whole milk products but less fat content.

1. True
2. False

- 5-51. Foods from the meat group are valued primarily for providing which of the following substances?
1. Calcium
 2. Carbohydrates
 3. Protein
 4. Fiber
- 5-52. Which of the following foods from the meat-poultry-fish-dry beans-egg-nuts group is/are a good source of zinc?
1. Oysters
 2. Tuna
 3. Egg yolks
 4. Dry beans
- 5-53. Which of the following publications lists all the food items procured by the Navy?
1. *Afloat Shopping Guide*
 2. *Federal Supply Catalog*
 3. *Consolidated Afloat Requisitioning Guide Overseas (CARGO)*
 4. *Atlantic Fleet Requisitioning Guide*
- 5-54. When planning menus, you should include all EXCEPT which of the following considerations in determining the choice of menu items?
1. The type and capacity of the galley equipment
 2. The number of personnel to be fed
 3. The number of workers in the galley
 4. The planner's personal preferences
- 5-55. The acceptability of a food item can be determined by using all EXCEPT which of the following methods?
1. Dividing the number of portions served by the number of portions prepared
 2. Averaging the figures obtained for a particular menu item over a period of time
 3. Monitoring tray waste
 4. Dividing the number of portions served by the number of patrons attending the meal
- 5-56. A 42-day menu with valid acceptability factors can be used to estimate the requirements for a 45-day loadout. What fraction of initial requirements must you add for a 60-day period?
1. 3/8
 2. 1/5
 3. 1/3
 4. 1/4
- 5-57. What foodservice guide contains useful information on commodities, equipment for galley use, GM modernization, and suggested special event or holiday menus?
1. *Navy Foodservice*
 2. *Federal Supply Catalog*
 3. *NAVSUPINST 461.11*
 4. *NAVSUP P-486, volume I*
- 5-58. When predicting meal attendance, you should consider all EXCEPT which of the following factors?
1. Proximity to payday
 2. Liberty trends
 3. The weather
 4. GM capacity